

# PULSE Oximeter

# Bluetooth™ 4.0



# Activ8rlives

*Being active, eating well and staying healthy.*

## Cardiovascular and Pulmonary Health



***Works with: iOS 7.1 and above (iPhone 4s or later & iPad 3 or later)  
and select Android devices running Android 4.3 and above.***

## [www.activ8rlives.com](http://www.activ8rlives.com)



## Activ8rlives

We are a healthcare company. Our mission is to empower you to take care of your health and that of your family by self-management through self-monitoring.

From tracking levels of physical activity, weight, food intake, cardiovascular and lung function, to a new generation of at-home testing for long-term lung disease, we provide the devices and web-based tools to help you be active, eat well and stay healthy. Learn more at [www.activ8rlives.com](http://www.activ8rlives.com)

# PULSE Oximeter

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## Summary: [Activ8rlives](#) Pulse Oximeter Bluetooth 4.0

Please read this manual carefully before you use your new device so that you do not injure yourself or others, or cause damage to your new device through improper use.



The [Activ8rlives](#) *Pulse Oximeter* Bluetooth 4.0 is a simple device which allows you to monitor aspects of your cardiovascular function—especially if you have Asthma, Chronic Obstructive Pulmonary Disease (COPD), Cystic Fibrosis (CF) and need to track your oxygen saturation levels and pulse rate.

It sends information to your private personal [Activ8rlives](#) account via your Bluetooth 4.0 enabled Smartphone or Tablet so that you can see how well you are doing and keep track of your health and wellbeing. You can stay committed to your goals by forming groups with other members of your family, club, school or by joining our online communities. By working together in groups, we are more successful in achieving our health goals. [Activ8rlives](#) is designed to help you achieve this.

The [Activ8rlives](#) *Pulse Oximeter* Bluetooth 4.0 helps you understand how your cardiovascular function can change throughout the week, during periods of ill health or as you change your weight and activity levels. It measures your oxygen saturation levels of your blood and your pulse rate using non-invasive monitoring technology.

When used with the [Activ8rlives](#) website, this device will help you to work out how close to your target values you are at any given time. This manual shows you how to quickly set-up your [Activ8rlives](#) *Pulse Oximeter* — it will take just 5 minutes if you follow this guide through.

Included is a FREE Smartphone App and website, which also tracks your food intake via our photo-based Food Diary and these images are sent directly to your Free [Activ8rlives](#) account. Your activity, body composition and food intake can then all be viewed on a single page. Talk about cause and effect—very powerful.



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## How does the **Activ8rlives** *Pulse Oximeter* Bluetooth 4.0 work?

The **Activ8rlives** *Pulse Oximeter* Bluetooth 4.0 is a non-invasive method allowing the monitoring of the saturation of a haemoglobin in your blood.

A sensor is placed on a thin part of your body, usually a fingertip or earlobe (separate adapter required).

Light of two wavelengths is passed through the finger (or earlobe) to a photodetector. The changing absorbance at each of the two wavelengths (600 nm and 880nm) is measured, allowing determination of the absorbances due to the pulsing arterial blood alone (the blood flowing from the heart and lungs), and excludes venous blood (the blood returning to the heart and lungs), skin, bone, muscle, fat, and in most cases nail polish.

A blood-oxygen monitor displays the percentage of arterial haemoglobin in the oxyhaemoglobin configuration. Acceptable normal ranges for patients without COPD with a hypoxic drive problem are from 95-99 percent (%), in those with a hypoxic drive problem would expect values between 88-94%. Values of 100% can indicate carbon monoxide poisoning. For a patient breathing room air at sea level, an estimate of arterial oxygen saturation levels ( $pO_2$ ) can be made from the blood-oxygen monitor  $SpO_2$  reading.

The monitored signal fluctuates in time with the heart beat because the arterial blood vessels expand and contract with each heart beat. By examining only the varying part of the absorption spectrum (essentially subtracting minimum absorption from peak absorption), a monitor can ignore other tissues or nail polish (though black nail polish tends to distort readings) and discern only the absorption caused by arterial blood. Detecting a pulse is therefore essential to the operation of the **Activ8rlives** *Pulse Oximeter* Bluetooth 4.0 and it will not function if there isn't one.

Your Pulse Oximeter will therefore give you two important pieces of information: your oxygen saturation levels and your pulse rate.

**If in doubt, contact your Doctor for advice.**

1

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## Display and Button

Your **Active8lives** Pulse Oximeter has two parts, the DISPLAY (LCD) and the on/off BUTTON. It is also supplied with a storage box and Quick Guide Instruction manual.

Your **Active8lives** Pulse Oximeter also has a finger size adjustment which can accommodate larger circumference fingers to be measures.



2

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## Adding the

## Batteries

Your **Active8lives** Pulse Oximeter Bluetooth 4.0 uses two AAA batteries, which are supplied. These are non-rechargeable batteries and no attempt should be made to recharge these.



Remove the back cover and add the  
2 x AAA batteries in the direction indicated.

Replace the cover. The **DISPLAY** should light up now.

If not used, it will power off after about 30 seconds. A faulty operation would make it power off.



Remove the batteries if you are planning to store the device for a long period of time. We hope you use your device for many years of course, but long periods of storage with the batteries in place may damage the device and will cause the batteries to discharge.

Replace the set of batteries (2 x AAA) in the right direction when the battery sign on the **DISPLAY** is shown as "LO".



Note: Do not tamper or attempt to open the unit in which the battery is housed, your warranty will be invalidated. Substances contained within the battery may damage the environment or human health if handled and thus is a risk of electrical shock or burns. When disposing of this product, ensure that it is collected separately for special treatment and not as normal household waste.







## Your Bluetooth 4.0 Smartphone or Tablet

**IMPORTANT NOTE:** The *Pulse Oximeter* Bluetooth 4.0 uploads your data directly to your FREE **Activ8lives** account via your **Smartphone or Tablet which must be Bluetooth 4.0 enabled**. Included is a FREE Smartphone App (iOS 7.1 and above and Android 4.3 and above for select Android devices with Bluetooth 4.0). The *Pulse Oximeter* Bluetooth 4.0 will not work fully if you do not have a Bluetooth 4.0 enabled Smartphone or Tablet.

***An iOS 7.1 and above (iPhone 4s or later and iPad 3 or later). Android 4.3 and above for selected Android devices with Bluetooth 4.0 are required to synchronise with your Body Analyser.***

## Compatible Bluetooth 4.0 Smartphones or Tablets

Wireless connectivity uses Bluetooth 4.0 to Smartphones and Tablets.

These operating systems are compatible with the **Activ8lives** App:

- iOS 7.1 and above. Must be run on an iPhone 4S or later or an iPad 3 or later. Earlier versions of these devices are not Bluetooth 4.0 enabled.
- Android 4.3 and above for selected Android devices with Bluetooth 4.0.
- Many non-Bluetooth devices can be made to communicate with the *Pulse Oximeter* using our POGO device, which plugs into the earphone socket of your Smartphone or Tablet and is sold separately. See our website ([www.activ8lives.com](http://www.activ8lives.com)) for further information.



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## Installing the FREE **Active8lives** App on Your Smartphone or Tablet (requires Bluetooth 4.0 enabled device)

The Contactless Thermometer Bluetooth 4.0 uploads and downloads information directly to and from your FREE **Active8lives** account each time your Bluetooth 4.0 Smartphone or Tablet is connected to it.

Download the FREE **Active8lives** Smartphone App from the App Store appropriate to your device. Search for **Active8lives**.



### **Apple App Store**

iOS 7.1 or higher and iPhone (4s or later) and iPad (3 or later). Earlier versions do not support Bluetooth 4.0.



### **Google Play Store**

Select Android devices running the Android 4.3 or later. Devices must support Bluetooth 4.0. See our website for a list of supported Android Smartphones and Tablets.

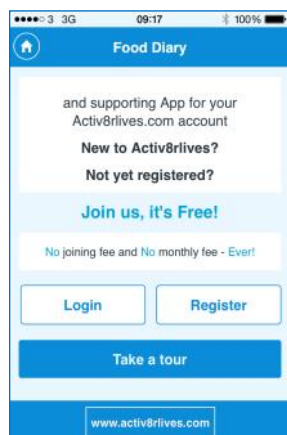


## Register for your FREE Activ8lives Account

Once you have installed the [Activ8lives](#) App, open the App making sure your Smartphone or Tablet is connected to the internet with **Bluetooth 4.0** switched on.

If you have already Registered, you can **Login** to your [Activ8lives](#) account, click the **Login** icon.

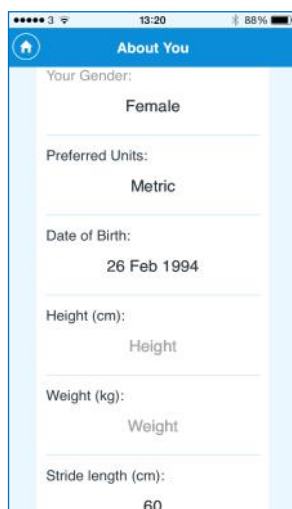
If you have not previously Registered for your FREE [Activ8lives](#) Account, then click the **Register** icon at the bottom right-hand corner of the App screen.



## Completing your Registration

To complete the Registration for your **FREE** [Activ8lives](#) Account, add in the correct details for yourself by following the instructions on the App and selecting **Next** at the top of each page.

As you complete the information, your [Activ8lives](#) account begins to learn more about you and your health. These data are used to help you with your self-management through self-monitoring. You can always edit these data later if you make an error, but please try to be accurate in entering your weight, height and age. These are important data. A conversion chart to assist you can be found on our website under the **Information** tab in the top menu.



Remember your Username (email) and Password details associated with your account and keep these safe.

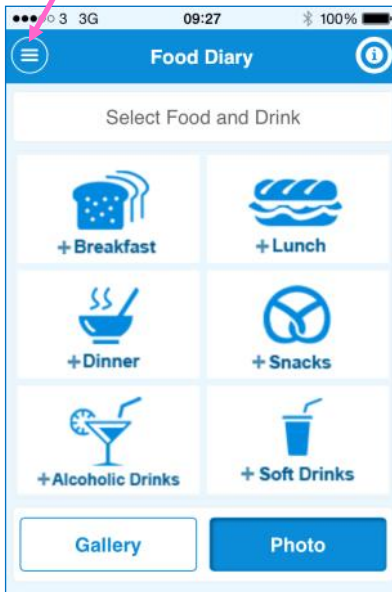


5

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Press for MAIN MENU



## Navigation on the App

The Food Diary is the default page on the App.

By pressing this  in the top lefthand corner it will allow you to navigate via the App menu.

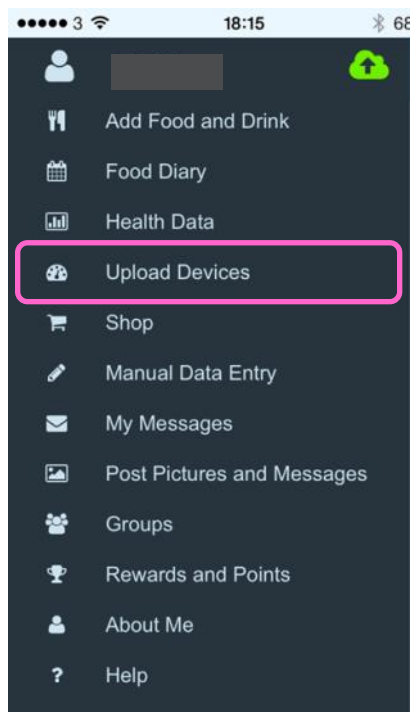
If you need information, press  for help on each page.



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## Ready to Take Pulse Oximeter Reading

- Ensure Bluetooth 4.0 is turned on your Smartphone or Tablet.
- Press the On/Off Button on the Pulse Oximeter to reawaken the device.
- Ensure the **Activ8lives** App is turned on.
- With the **Upload** devices page open on your **Activ8lives** App the Bluetooth symbol will flash.
- Once connection is made, the Bluetooth Symbol remains and stops flashing.
- The **Activ8lives** App is now talking with your Pulse Oximeter.

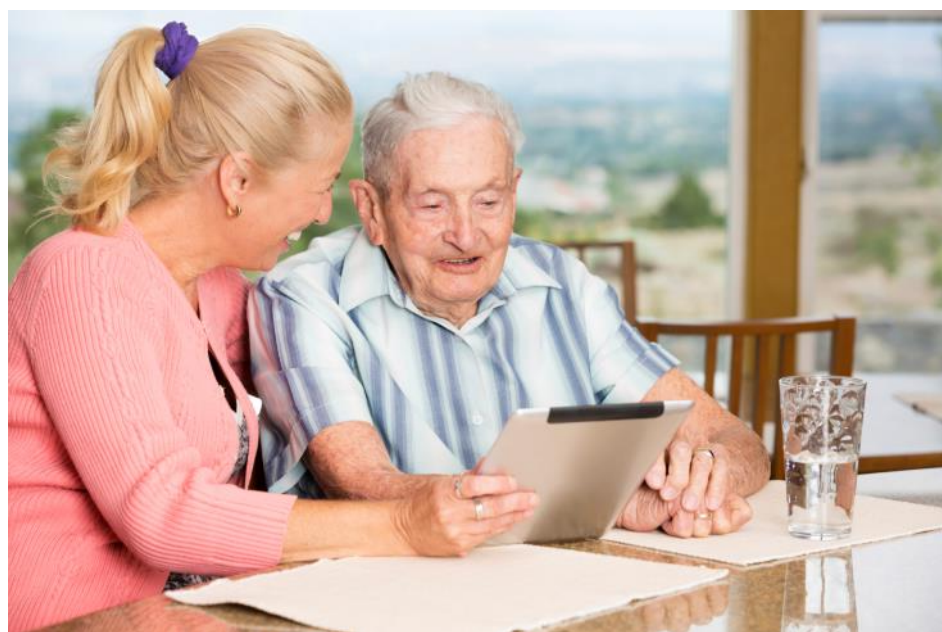


## Taking Measurement

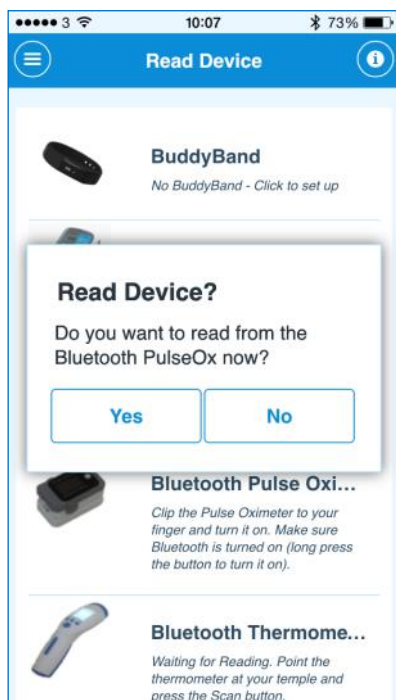
Now insert your index finger into the device so that the tip overlies the reading window on the inside of the finger cuff.

Press the On/Off **BUTTON** once.

You will need to wait for the traceline to become stable (up to 30 seconds) and **remain still throughout**.







## Reading the Data from the Pulse Oximeter

The App will ask

**“Do you want to read from the Bluetooth Pulse Oximeter now?”**

Select **Yes**.

Remain still while the *Pulse Oximeter* measures your blood oxygen saturation and pulse rate.

This takes a few seconds and when complete, the display on the *Pulse Oximeter* switches off to save power.

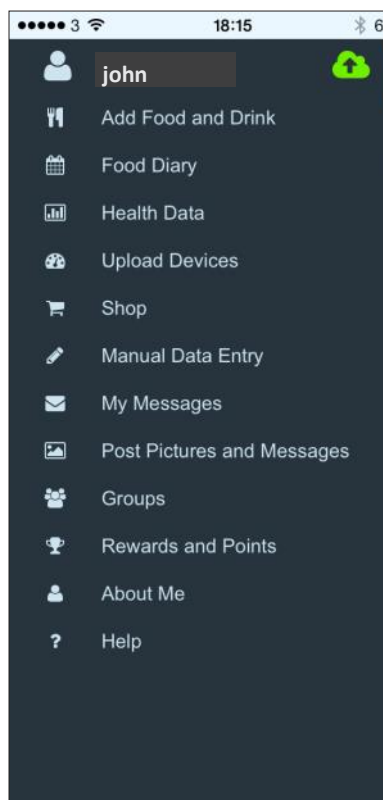
Once the data has been captured on your Smartphone, the *Pulse Oximeter* image indicates a **GREEN** tick/check mark to indicate that the data has been successfully uploaded.

A summary of your data is also displayed.

Easy! No buttons, no programming and you can use this for all the members of the family who can each have their own **Activ8rives** account.



## Sending your Data to the Cloud



If your Smartphone or Tablet is connected to the internet by WiFi, your data will upload to your online **Active8lives** account automatically.

If you are connected by the cellular network, you have the choice whether to upload now or later, perhaps when you are connected by WiFi.

When on a cellular network, notice the Cloud symbol is now alternating **GREEN** and **RED**, indicating that there is data to Upload.

Touch the Cloud and you will be asked whether you want to **Upload Now**.

With the data stored in the Cloud, this means that you can view your data (from today, yesterday, a week, a month or years ago) at any time via Smartphone App or via the main **Active8lives** website ([www.activ8lives.com](http://www.activ8lives.com)). Use the same Username and Password that you used for your App to Login to your account on the main website in any browser.

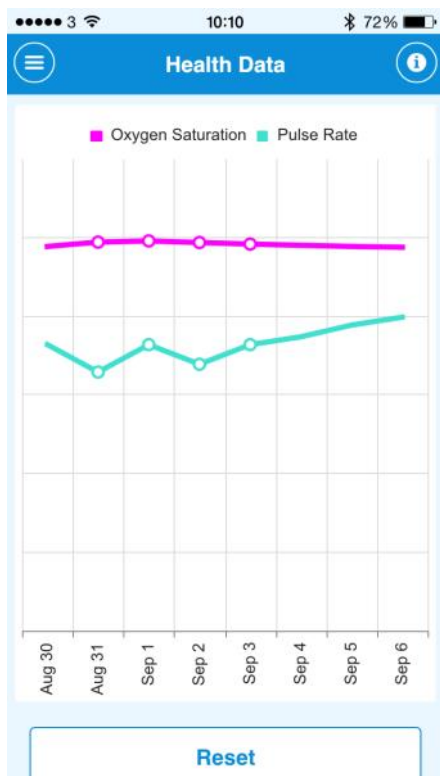
The website has a lot more features than can be incorporated into an App.



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## Viewing your Pulse Oximeter Data on Smartphone



### Health Data

From the menu of the [Activ8lives](#) App you can view your **Health Data**.

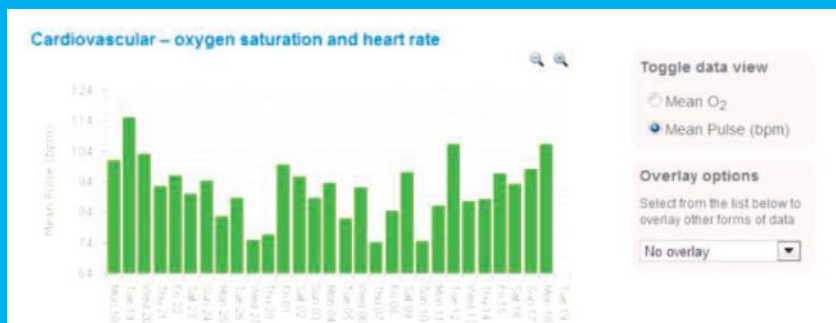
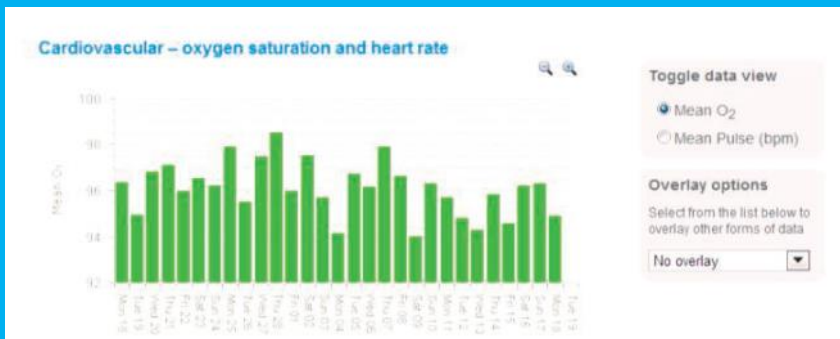
From this screen, you can select and deselect which data you want to show in this top graph. Within this section you can start to see trends of what affects the other health parameters, and you begin to learn good behaviours.

Along with the [Activ8lives](#) *Pulse Oximeter*, you can monitor and adjust your levels of physical activity (*BuddyBand*), body composition (from the *Body Analyser* Bluetooth 4.0) and food intake can also be viewed on a single page. Talk about cause and effect - very powerful.



## Case Study

The health data below is from a patient with a long-term respiratory condition. The top image show the Mean Oxygen saturation level and the bottom image shows the Mean Pulse Rate beats per minute (bpm).





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## Quick Tour on your App

A Quick Tour showing what the **Activ8rlives** Smartphone App can do is available from the App menu on the Smartphone App under the **Help** section.







## Health and Safety Notices

**WARNINGS:** The **Activ8rives Pulse Oximeter Bluetooth 4.0** is **NOT waterproof**. Do not submerge it in water.

**PLEASE seek medical advice before undertaking strenuous exercise or weight loss programmes. Seek advice from your Doctor about any long-term condition. This device should not be used to make a primary diagnosis.**

- This device is not a toy. It is not calibrated for persons under 16 years of age, pregnant women, or professional athletes.
- Do not wash it in water. Use a soft, microfiber cloth for cleaning. Don't use harsh cleaning products as these will cause damage to your **Activ8rives Pulse Oximeter Bluetooth 4.0**. Don't allow sharp objects to scratch the screen of the LCD display as this may damage it.
- Do not allow your **Activ8rives Pulse Oximeter Bluetooth 4.0** to be subjected to excessive forces, shocks, dust, temperature changes or humidity over the range specified. Harsh physical treatment may stop your **Activ8rives Pulse Oximeter Bluetooth 4.0** from working properly. Don't expose your **Activ8rives Pulse Oximeter** to direct sunlight for long periods of time.
- Don't remove the back cover and tamper with the internal components. If you do, you will invalidate your warranty and may cause irreparable damage. Other than the replacement of the batteries, there are no user serviceable parts.
- Take precautions when handling all battery types and dispose of batteries properly. Remove the batteries if you are planning to store the device for a long period of time. We hope you use your device for many years of course, but long periods of storage with the batteries in place may damage the device and will cause the batteries to discharge. Only use the battery type recommended in this manual. Do not touch the exposed electronic circuits, as there is a danger of electric shock.
- When disposing of this product, ensure that it is collected separately for special treatment and not as normal household waste.
- The measurement functions built into the **Activ8rives Pulse Oximeter Bluetooth 4.0** are not meant to substitute professional measurement or industrial precision devices. Values produced by the unit should be considered as reasonable representations only.
- The technical specifications for this product and the contents of the user manual are subject to change without notice.
- Contact **Activ8rives** if your **Body Analyser Bluetooth 4.0** does not work properly.





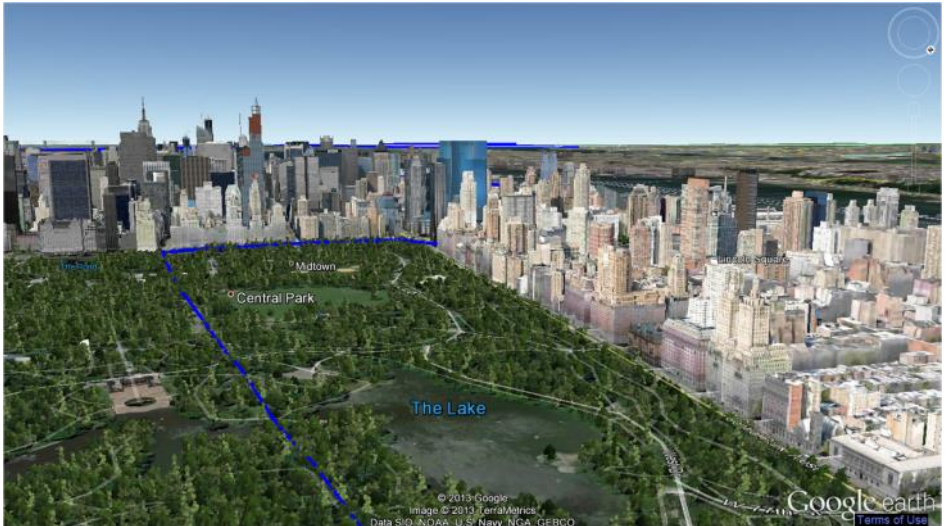
## Quick Guide to the **Activ8lives** Website Home page



The **Activ8lives** Food Diary and Health App is just the start of the self-monitoring experience. There is so much more to explore online at [www.activ8lives.com](http://www.activ8lives.com)

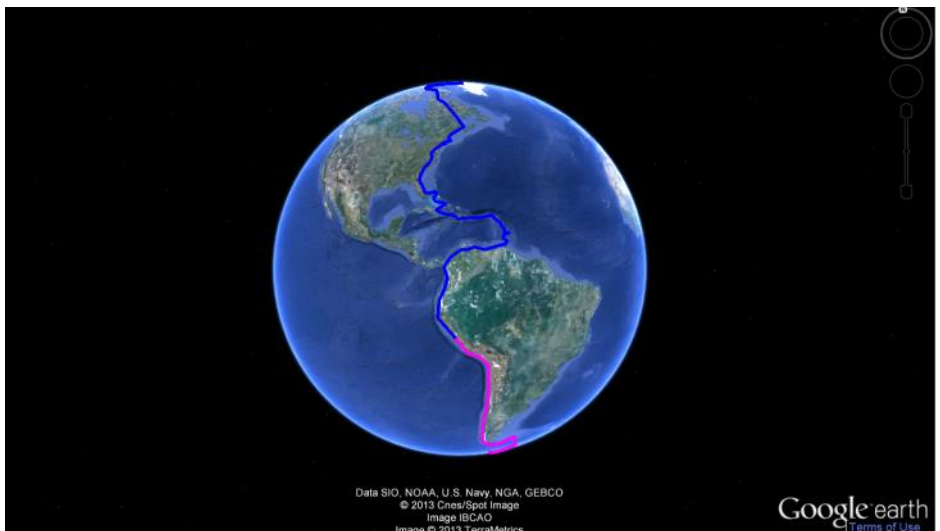
Our website has a secure Login—you use the same **Username** and **Password** that you use on the App. All of your data is stored there. You can create walking adventures, join groups and see your data in powerful new ways. The Food Diary page is an eye opener for many. In this Instruction manual, we won't explain everything—half the fun is learning what the site can do for you, but we will cover the basic set-up to get you started. The site has 7 major sections:

1. **HOME**—where you can see at a glance what is going on.
2. **DATA** —this is information about your activity and health (KPIs), which only you can see. It's where you can set-up your personal details and add/remove devices.
3. **FOOD DIARY**— powerful tool to track your food and drink intake, to help you manage your weight. Works with the FREE **Activ8lives** Smartphone App.
4. **GROUPS** — this is where you can find, join and create groups and chat to your friends.
5. **REWARDS** —where you can see how many points and medals you have earned and where you can donate points to the groups you are a member of.
6. **ACCOUNT**—how to change your details, passwords, targets and a place to create custom trackers.
7. **HELP**—video instructions and App software downloads.



## A Walk in the Park

Google Earth™ is built into [Activ8rlives](#). This tool can be used by group Administrators to design a route for the group to walk along. Steps from each group member are combined and progress can be tracked using the stunning imagery available.





## Join a Group or Start Your Own!

We work best in groups. This motivates and provides support for this function. Can be used for: family, friends or Corporate teams, for charity events, personal health training or fundraising.

Personal Activity Medals are earned for achieving targets. Donation points are also earned for physical activity and for self-monitoring. These Donation points can be awarded to the groups you are a member of: a way of saying "Great Job!" to group members. The more in your group, the more points your group will receive and the higher it moves up in the ranking.

### Some of our best performing groups

#### Walk around the World

This is a group supported by [Active8lives](#).

We are walking around the World together *in silico* using Google Earth™. The aim is to work together and support each other to be more active. While we do this, we want to have some fun too.



#### Active8lives A8 group: Demonstration group and support

This is a demonstration and support group for people who are new to [Active8lives](#). The purpose is to help you get orientated, supported and up-and-running. Once you get how the site works, you can unjoin (if you want to) and create your own groups. This is a public group and open to all [Active8lives](#) users.





# PULSE Oximeter

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Specifications	Description
Pulse oxygen saturation (pO <sub>2</sub> )	2-digit digital OLED display
Pulse rate (bpm)	3-digit digital OLED display
Pulse intensity	Bar graph OLED display
<b>SpO<sub>2</sub></b>	
Measuring range	35—100% (resolution 1%)
Accuracy	70—79% accuracy is $\pm 2\%$ , 80—100 accuracy is $\pm 3$
<b>Low perfusion</b>	
Range	0.5 - 20%
SpO <sub>2</sub> accuracy	$\pm 2\%$ (70—100%)
PR accuracy	25—250 bpm $\pm 2$ bpm
<b>Pulse Rate</b>	
Range	25—250 bpm (resolution 1 bpm)
Accuracy	$\pm 2$ bpm
<b>Battery type</b>	
Alkaline	2 x AAA 1.5V batteries (BM1000)
Power consumption	Smaller than 50mA
Transportation/storage temperature	-20 ~ 70°C
Transportation/storage humidity	-10 ~93%
Atmospheric pressure	50—106 Kpa



## Warranty

**Activ8lives** (Aseptika Limited) guarantees this product for one (1) year after the date of purchase. The guarantee does not cover the battery, packaging and damages of any kind due to misuse, such as: dropping or physical misuse caused by the user or water damage. Claimed products will be replaced when returned marked as **DAMAGED** together with the original proof-of-purchase. For any general enquiries or technical questions concerning the product or questions about the warranty, please contact **Activ8lives**—details are on the back of this Instruction manual.

## EU-Declaration of Conformity



**Activ8lives** declares that the **Activ8lives** Body Analyser Bluetooth 4.0 is in compliance with EMC directive 2004/108/EC.



This symbol indicates that this product should not be disposed of with other household wastes in the EU. Please recycle responsibly. To dispose of your used device, please use the retailer's return and collection systems or contact the retailer you purchased this product from, who will advise on correct disposal.



## Food diary

&lt; Mar 16 - 22 &gt;

## Step summary

Total steps : 90,573

Steps walked : 12,939 per active day

Distance walked : 54.34 kms

## Weight summary

Calories used 3874

Weight change :-1.70 kgs

BMI change :-0.01



Bad choices - 2.6%

Good choices - 97.4%

	Sun 16	Mon 17	Tue 18	Wed 19	Thu 20	Fri 21	Sat 22
 Soft drinks	 6 items	 7 items	 6 items	 9 items	 4 items	 3 items	 4 items
 Alcoholic drinks	No items	No items	No items	No items	No items	No items	No items
 Snacks	 2 items	No items	No items	 4 items	 1 item	No items	No items
 Dinner	 2 items	 2 items	 2 items	 1 item	 2 items	 4 items	 1 item
 Lunch	 1 item	 2 items	 1 item	 1 item	 1 item	 1 item	No items
 Breakfast	 1 item	 1 item	 1 item	 2 items	No items	 1 item	 1 item







Eat well

## Activ8lives Food Diary

FREE Smartphone App

Smartphone or Tablet



FREE **Activ8lives** Account

Take photos with your Smartphone or Tablet

Track your food and liquid intake using our photo-based Food Diary.

- Take pictures of what you eat and drink with your Smartphone.
- Records photos in your **Activ8lives** Smartphone Food Diary.
- See what you eat and drink every week.
- Syncs with your **Activ8lives** cloud account.
- Score everything you consume as a **Good Choice** or a **Bad choice** for YOU!
- No calorie counting. No points.
- Record and track your daily activity levels and weight.
- Learn how your weight changes when small changes are made to your diet and levels of exercise.
- Join online groups and form communities with friends and family.
- Chat with your group, provide support and receive encouragement.

# Activity Tracking



The **Activ8rives** *BuddyBand* Bluetooth 4.0 is a wearable wristband with integrated Bluetooth 4.0, 3D Sensor, upgradable firmware, with data upload to FREE Smartphone App via Bluetooth 4.0 or USB to your PC (Windows or OSX). The *BuddyBand* allows you to track your activity levels and energy expenditure — especially useful as part of an exercise schedule or weight loss programme. It uploads information to your private personal FREE account at **Activ8rives** so that you can learn to manage your health and wellbeing and better support your family and friends with theirs.

- Records steps, calories burned, vibration alerts and LED shows intensity of exercise.
- Adjustable size, 3 interchangeable straps in Black/Blue/Pink. May not be suitable for sensitive skin.
- Displays time – looks like a modern watch and you can check your progress throughout the day.
- Synchronises with FREE **Activ8rives** App via Bluetooth 4.0 or PC (Windows or OSX) via integrated USB.
- FREE **Activ8rives** Smartphone App (iOS 7.1 and above and select Android devices running Android 4.3 and above).
- Fully comply with EU Privacy Laws.
- No cable required, no programming. Charges in 15 mins and works 3 days between charges.
- Sweat and splash proof but NOT waterproof. Not for use in swimming pool, shower or sauna.
- Learn from visualisation of combined weight, activity and Food Diary.
- Work in groups for added motivation.
- No subscription fees - FREE account for life!

# Blood Pressure



The **Activ8rives** Blood Pressure Bluetooth 4.0 monitor is an easy-to-use device that can measure your blood pressure — especially useful if you suffer from previously diagnosed conditions, which result in high or low blood pressure. This device is intended for measuring the blood pressure on the upper arm for people with an upper arm circumference of 22 to 42 cm (about 9-17 inches). It is intended for use by adults only.

Automatically uploads information from your **Activ8rives** Blood Pressure Bluetooth 4.0 monitor to your Smartphone or Tablet via FREE **Activ8rives** App. Devices support are: iOS 7.1 and above (iPhones 4s or later or iPads 3 or later) and selected Android devices running 4.3 and above.

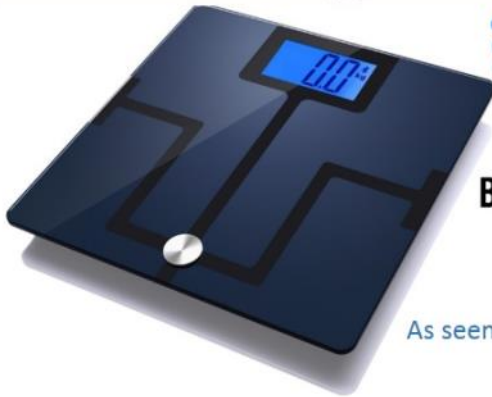
- Accurately measures Systolic and Diastolic blood pressure, and irregular heart beat.
- Upper arm measurement for accuracy, with adjustable cuff for 22-42cm circumference.
- Single integrated unit with wireless Bluetooth 4.0 set-up – no programming required.
- Automatically uploads to FREE Activ8rives account via Smartphone App (iOS 7.1 or later & Android 4.3 or later).
- Easy to use, large LCD display and buttons for ease of use.
- Fully comply with EU Privacy Laws.

# Body Composition



Body

# Analyser



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[BUY NOW](#)

As seen at



The **Activ8rives Body Analyser** Bluetooth 4.0 determines your weight and your visceral fat index. In addition to calculating your Body Mass Index (BMI), it will also calculate your percentage of muscle and fat, so that you can see whether your exercise or weight loss programme is removing fat (good) or losing muscle (bad), allowing you to monitor and adjust your regime.

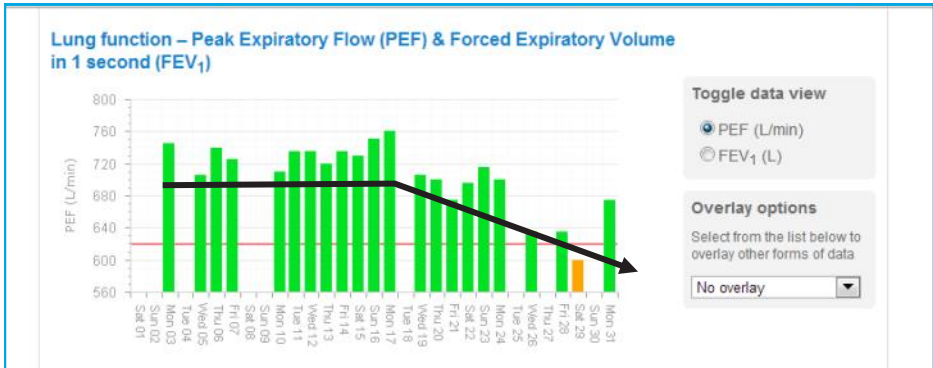
The *Body Analyser* Bluetooth 4.0 uploads your stored data directly to your FREE **Activ8rives** account via your Smartphone or Tablet with Bluetooth 4.0 enabled devices. Includes a FREE Smartphone App (iOS 7.1 or later, selected Android 4.3 devices or later), which also tracks your food intake via our photo-based Food Diary. You can also use your FREE **Activ8rives** App to track your lung and heart function, blood pressure, blood glucose, medication and any custom tracker you wish to record.

- Requires Bluetooth 4.0 Smartphone or Tablet to use and uploads data to your FREE account.
- Accurately measures: weight, BMI, Visceral fat, Body fat, Bone and Muscle Mass.
- FREE Smartphone App (iOS 7.1 or above and select Android devices running 4.3 or above).
- Fully comply with EU Privacy Laws.
- Simple – no programming of smart scales required.
- Learn from visualisation of weight, combined with activity and Food Diary.
- Work in groups for added motivation.

# Lung Health



## Peak Flow Meter



The **Activ8lives** Peak Flow and FEV<sub>1</sub> Meter helps you to understand how your lung function can change throughout the week, during periods of ill health or as you change your weight and activity levels. It measures your total lung flow rate (PEF) and also determines how restricted your airways are (FEV<sub>1</sub>) using a non-invasive monitoring technology.



- Single button operation.
- Upload data directly to your Free **Activ8lives** account via USB to your PC.
- Fully comply with EU Privacy Laws.
- Downloads your target PEF and FEV<sub>1</sub> values to the device, with performance indication.
- Takes best of three readings.
- Allows timeline evaluations (before and after treatments etc.).
- Unit is washable with two replaceable mouthpieces.
- Uses two 1.5V AAA batteries. Batteries included are non-rechargeable.

# General Health

## Contactless Thermometer

Bluetooth™  
4.0



The **Activ8rives** Contactless Thermometer Bluetooth 4.0 is an easy-to-use device that can measure your body's temperature. It sends information to your private personal **Activ8rives** account via your Bluetooth 4.0 enabled Smartphone or Tablet (not included) so that you can see your precise temperature without contact and to help you keep track of your health and wellbeing.



The **Activ8rives** Contactless Thermometer Bluetooth 4.0 does a lot more than just measure your body temperature — it helps you understand how your body is changing in response to numerous factors, such as age, sex, type and thickness of skin, internal biochemical and physiological changes. It also measures surface temperature.

- Contactless and simple operation.
- Measures body, ambient and surface temperatures.
- Upload data directly to your Free **Activ8rives** account via Bluetooth 4.0.
- Fully comply with EU Privacy Laws.
- Replaceable 2 x AA battery.
- Suitable for all ages.



This Instruction manual is available FREE for download at <http://data.activ8lives.com/help/manuals.aspx> after **Login** and can be found in the **Help** section.

It can also be purchased via our online Store <http://activ8lives.hostedbywebstore.co.uk/>



Make it fun—do it together!

We are more effective when we work in groups.

*Be active, eat well and stay healthy.*



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